

Psychology 3191: Internship in Psychology

Instructor: Dr. Jennifer Kowalsky

Overview: This 3-credit course provides students the opportunity to work in relevant professional internship settings to incorporate their academic knowledge with the experiences and demands of a mental health job setting outside of the classroom. The class meets to address professional, psychological, ethical, and other issues, as well as readings relevant to the internship experience.

Background Information: The following information will help you decide if you are interested in taking the course. The course is offered each year in the Autumn and Spring semesters (up to 6 enrollment spaces per semester). **Requirements** include:

- Current Junior or Senior standing
- Completion of Psych 1100 + 15 additional credit hours in psychology
- Cumulative GPA of 2.8 or higher
- GPA of 3.3 or higher in psychology courses
- Ability to devote 8-9 hours per week to the internship site, being punctual and dependable in your attendance. Hours may vary by week as needed, such as for special events at the internship site.
- Ability to attend the internship class meetings throughout the semester
- Completion of an interview with the internship site
- **Potential depending on the internship site:** completion of fingerprint and background check may be required for some internship sites. This check is at the student's expense (~\$25) and can be done at the OSUN security office in Warner.

As part of the internship course, you will keep a journal of your internship experience, complete assigned readings relevant to your internship experience (that will be discussed in the class meetings), and submit at least two papers about your internship experience. One paper will be an overview of your internship placement, your job description and staffing, anticipated challenges, and the goals you have for the internship. The second paper will be a retrospective of your experiences, including goals met, challenges, and suggestions for future interns at that placement setting. Class meetings will provide an opportunity to discuss the placement experience, as well as problem-solve, brainstorm, and discuss future career paths that may be affected by your experiences. In addition, you will be evaluated by your site supervisor at the end of the internship experience.

If you are interested in the Internship course, please do the following: 1) determine if you meet the requirements for the course; 2) read about the internships here and on their websites to determine which interest you most and why; and 3) contact me at kowalsky.9@osu.edu to schedule an informational meeting. I will meet with you to ensure you meet the requirements for the course and to help you select the best internship experience, taking into account interests, skills, vocational plans, and personality. If there are more students interested in the course or a particular internship site, class seniority and site supervisor input will be considered in the decision making process.

Potential Internship Sites

The following sites may have volunteer positions that can be used for Psych 3191 internships in the local community. The list is constantly being updated, and students can intern at instructor-approved alternative sites that follow course guidelines.

Coalition for Housing (Newark)

“The LCCH provides a wide variety of housing services to homeless and low-income members of our Licking County community” (LCCH website). This non-profit organization helps individuals in Licking County find and obtain quality, affordable housing. The organization has transitional housing units for homeless families, provides financial assistance to prevent homelessness, free tax preparation services, and serves as an advocate for homeless and low-income persons in Licking County.

Crisis Hotline & Information Center (211) (Newark)

“The mission of the Crisis/Hotline and Information Center is to promote growth and self-reliance by providing quality 24/7 short-term crisis intervention, crisis management and information, and referral services as part of an integrated, comprehensive system of health, mental health, and other human service provides in Licking and Knox counties. Crisis Response Specialists are available 24 hours a day, 7 days a week. The Crisis/Hotline and Information Center utilizes a best practice model for crisis intervention that is based on the work of David Switzer. The model closely follows crisis theory and the logical progression of problem solving” (program website).

This learning-intensive program allows students to be trained to field a variety of crisis calls. The training involves instruction, modeling, role playing, and monitoring. Training will take approximately two-thirds of the internship experience. By the final third of the internship experience, students will be fully trained phone volunteers working more independently. The communication and resource skills learned through this internship will be valuable in any job setting in the future, including applying them in a paid capacity at Pathways after the internship is completed.

Forensic Psychology: Alvis Inc (Columbus)

Alvis, Inc is a nonprofit organization that focuses on helping individuals turn their lives around. One of the programs that Alvis offers is serving individuals with developmental disabilities that exhibit challenging behaviors and may be under supervision in the correctional system. Each individual that receives services has an interdisciplinary team consisting of a psychologist, psychiatric provider, behavioral support coordinator, program manager, and direct service staff that help the individual reach goals outlined in their individual service plan. Interns will have the opportunity to assist with data collection and behavioral support interventions. Shadowing opportunities for behavioral support services, psychological evaluations, interdisciplinary team meetings, behavioral health appointments, and other services are also available. Students interested in this internship should be comfortable interacting with individuals that may exhibit challenging behaviors, that may include inappropriate sexual and social behaviors.

Forensic Psychology: Forum Ohio (Columbus)

This internship gives students an opportunity to shadow psychologists at a forensic psychology practice in Columbus. Students have the opportunity to assist with office duties (including research topics related to recent or upcoming evaluations); observe psychological evaluations

and testing for patients referred from Children's Services, the court system, or the social security administration; and observe psychological evaluations at the county jail or psychiatric hospital.

GRIT (Newark) –A Mental Health America program

“GRIT (Grit Integrity Presence), formerly Girls In Progress, is an adolescent mentoring and empowerment program that builds socio-emotional competency through weekly classes which provide a supportive and inclusive environment, incorporating the arts, mentoring, community leadership exposure and emotional and physical wellness for middle school girls” (program website).

Integrated Services for Behavioral Health (Newark)

“Integrated Service for Behavioral Health delivers exceptional care through connection for those we serve. Please refer to the Services and Locations pages to discover which services are available in your community. We serve Southeastern and Central Ohio with a comprehensive array of behavioral health and other services – working with local partners to promote healthy people and strong communities. Our services are intended to be collaborative and personalized for the individual.” (program website)

Licking County Health Department (Newark)

The internship with the Licking County Health Department allows students to gain career-related experience, training and knowledge of LCHD services, and see how health psychology topics can translate into real-world policies and procedures.

The Main Place (Newark)

The Main Place is a mental health recovery center focused on peer support, socialization, education, and training. The center serves adults in Licking and Knox counties with persistent serious mental illness (e.g., schizophrenia, bipolar disorder, severe major depressive disorder). Services offered include case management, group activities and classes, and housing and employment support.

Newark Catholic High School (Newark)

The NCHS internship allows students to shadow a school counselor in her daily activities. Students have the opportunity to take part in one-on-one meetings with students, complete paperwork, assist with transcripts and scholarship needs, scheduling courses, etc. Previous interns have indicated that religion is not a critical component of this internship placement.

Licking County Aging Partnership (Newark)

“Located on the east end of Newark, the agency helps meet seniors' essential needs for meals, health and home care, and social connections right in their own neighborhood. Through its collaborative partnerships and integrated delivery of services, LCAP cares for one of the most diverse – vulnerable populations in the county. Preparing and delivering almost 1,000 meals, 5 days per week throughout Licking County through our Meals on Wheels Program. Many are isolated with no nest egg or family to buffer the challenges of aging. At Licking County Aging Partners, we strive at responding to each individual as a whole person with unique needs.

Whether it's in-home support, medical transport, or simply a place to belong, LCAP helps each senior find a way to stay healthier and live with dignity while growing older." (program website)

Pathways Prevention Program (Newark)

The Pathways Prevention Program serves individuals in Grades 6-12 in Licking County. It provides school-based education groups, activities, and evening support groups. The program has been active in Licking County for over 25 years. Interns at Pathways will assist with program implementation, group development, program management (i.e., reporting, fundraising), and involvement in the Youth Leadership Program.

If you are interested in this program, you should have excellent written and verbal communication skills as well as a desire to work with students from all over Licking County. You should have a high level of energy and enthusiasm, creativity, and a strong desire to make a difference in the community. Specific tasks may include:

- Leading multiple middle school groups (up to 45 minutes each)
- Attending community meetings with fellow youth serving programs to accomplish a community-wide approach to prevention
- Program management (reporting, budgeting, etc.)
- Curriculum development with site supervisor
- Planning and implementation of alternative activities
- Possible attendance at professional development conferences

YES Club (Newark) –A Mental Health America program

"The YES program began in 1992 as a service-learning project funded by a grant from the Ohio Department of Education in partnership with Mental Health America of Licking County. Due to the overwhelming number of participants and need for a safe haven for after school hours, YES was established in 1999 as a program of the MHA, and moved to its current location in downtown Newark" (YES Club website). The clubhouse currently serves 35-40 youths, ages 11-18, on a weekday basis.

Staff and adult volunteers provide mentoring, tutoring, life-skills and anger management education, and a daily meal. Membership is free, thus allowing youth from economically disadvantaged families to take part in all the services and opportunities that YES affords. Children who attend daily are required to participate in service projects in order to maintain membership. Students at Newark High School may earn credit towards graduation for service to the program.

A typical YES school-year schedule (Monday – Thursday):

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| 2:00 – 2:30 | Staff transport children to the clubhouse |
| 2:30 – 3:30 | Children can receive one-on-one time with a staff member or intern/mentor. The entire location is open for participation in different activities, including video games, board games, computer games, music, sports, arts & crafts, and the first phase of meal preparation. Small group service projects are also available. |
| 3:30 – 4:00 | Staff transport high school students to the clubhouse |
| 4:00 – 4:20 | Large group discussion (overview of a life skill or anger management technique) |

- 4:20 – 5:20 Time for homework, reading, development of computer skills, or further discussion of the life skill/anger management technique. Some children will help with the last phases of meal preparation. Guest speakers may be invited during this time.
Friday only: The time is focused on healthy-living activities. Students help prepare a healthy snack and staff takes a group to the YMCA for swimming, basketball, or track.
- End of day Family-style dinner. All members eat together and the food is provided by local sources. YES Purchases the remainder of the items to ensure a balanced meal. Students can earn raffle tickets for prizes by helping to clean up after dinner.